

What is claimed is:

1. A method for treating cancer by inducing Bcl-2 phosphorylation in an animal, the method comprising administering to the animal a composition comprising a sesquiterpene lactone in an amount sufficient to induce said phosphorylation to treat said cancer.
2. The method of claim 1, wherein the composition consists essentially of 1-*O*-acetylbritannilactone.
3. The method of claim 1, wherein the composition consists essentially of 1,6-*O*,*O*-diacetylbritannilactone.
4. The method of claim 1, wherein said cancer is ovarian cancer.
5. The method of claim 1, wherein said cancer is prostate cancer.
6. The method of claim 1, wherein said cancer is a breast cancer.
7. The method of claim 1, wherein the composition is administered to the animal as part of a dietary supplement.
8. The method of claim 1, wherein the composition is extracted from *Inula britannica*.
9. The method of claim 1, wherein the composition is extracted from *Inula britannica* floral parts.